

Full Report (All Nutrients) 12138, Nuts, mixed nuts, oil roasted, without peanuts, without salt added

Report Date:October 08, 2015 07:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 144g	1 oz 28.35g
Proximates						
Water	g	3.15	--	--	4.54	0.89
Energy	kcal	615	--	--	886	174
Energy	kJ	2573	--	--	3705	729
Protein	g	15.52	--	--	22.35	4.40
Total lipid (fat)	g	56.17	--	--	80.88	15.92
Ash	g	2.89	--	--	4.16	0.82
Carbohydrate, by difference	g	22.27	--	--	32.07	6.31
Fiber, total dietary	g	5.5	--	--	7.9	1.6
Minerals						
Calcium, Ca	mg	106	--	--	153	30
Iron, Fe	mg	2.57	--	--	3.70	0.73
Magnesium, Mg	mg	251	--	--	361	71
Phosphorus, P	mg	449	--	--	647	127
Potassium, K	mg	544	--	--	783	154
Sodium, Na	mg	11	--	--	16	3
Zinc, Zn	mg	4.66	--	--	6.71	1.32
Copper, Cu	mg	1.795	--	--	2.585	0.509
Manganese, Mn	mg	1.547	--	--	2.228	0.439
Vitamins						
Vitamin C, total ascorbic acid	mg	0.5	--	--	0.7	0.1
Thiamin	mg	0.504	--	--	0.726	0.143
Riboflavin	mg	0.486	--	--	0.700	0.138
Niacin	mg	1.964	--	--	2.828	0.557

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 144g	1 oz 28.35g
Pantothenic acid	mg	0.962	--	--	1.385	0.273
Vitamin B-6	mg	0.180	--	--	0.259	0.051
Folate, total	μg	56	--	--	81	16
Folic acid	μg	0	--	--	0	0
Folate, food	μg	56	--	--	81	16
Folate, DFE	μg	56	--	--	81	16
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	1	--	--	1	0
Retinol	μg	0	--	--	0	0
Vitamin A, IU	IU	20	--	--	29	6
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	9.087	--	--	13.085	2.576
8:0	g	0.078	--	--	0.112	0.022
10:0	g	0.078	--	--	0.112	0.022
12:0	g	0.467	--	--	0.672	0.132
14:0	g	0.342	--	--	0.492	0.097
16:0	g	4.932	--	--	7.102	1.398
18:0	g	2.783	--	--	4.008	0.789
Fatty acids, total monounsaturated	g	33.137	--	--	47.717	9.394
16:1 undifferentiated	g	0.329	--	--	0.474	0.093
18:1 undifferentiated	g	32.517	--	--	46.824	9.219
20:1	g	0.149	--	--	0.215	0.042
Fatty acids, total polyunsaturated	g	11.449	--	--	16.487	3.246
18:2 undifferentiated	g	11.137	--	--	16.037	3.157
18:3 undifferentiated	g	0.249	--	--	0.359	0.071
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.252	--	--	0.363	0.071
Threonine	g	0.568	--	--	0.818	0.161
Isoleucine	g	0.703	--	--	1.012	0.199
Leucine	g	1.265	--	--	1.822	0.359

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 144g	1 oz 28.35g
Lysine	g	0.682	--	--	0.982	0.193
Methionine	g	0.346	--	--	0.498	0.098
Cystine	g	0.302	--	--	0.435	0.086
Phenylalanine	g	0.820	--	--	1.181	0.232
Tyrosine	g	0.510	--	--	0.734	0.145
Valine	g	0.952	--	--	1.371	0.270
Arginine	g	1.989	--	--	2.864	0.564
Histidine	g	0.416	--	--	0.599	0.118
Alanine	g	0.715	--	--	1.030	0.203
Aspartic acid	g	1.617	--	--	2.328	0.458
Glutamic acid	g	3.872	--	--	5.576	1.098
Glycine	g	0.844	--	--	1.215	0.239
Proline	g	0.773	--	--	1.113	0.219
Serine	g	1.620	--	--	2.333	0.459
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0

Langual Code(s)

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1213 NUT
- C0155 SEED
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0005 BAKED OR ROASTED
- G0025 COOKED WITH ADDED FAT OR OIL
- H0138 WATER REMOVED
- H0233 FAT OR OIL COATED
- H0757 TREE NUT ADDED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE